

SEA SUGAR RECIPE BOOK

16 delicious recipes replacing sugar, for pure pleasure, with zero calories.



INTRODUCTION

Sea Sugar is a natural, seaweed derived sugar alternative. It is highly concentrated —around sixteen times sweeter than regular sugar — so you only need a tiny amount.

Correct substitution rule: For every 1 tablespoon of sugar, use $\frac{1}{4}$ coffee spoon of Sea Sugar. All recipes below follow this exact proportion, converting cups/tablespoons/teaspoons of sugar into coffee spoons of Sea Sugar.





CLASSIC LEMONADE

Ingredients

- 4 cups cold water
- 1 cup freshly squeezed lemon juice
- 4 tbsp sugar : 1 coffee spoon Sea Sugar
- Ice cubes

Instructions

Combine water, lemon juice, and Sea Sugar until dissolved. Add ice cubes and stir well. Serve chilled.



VANILLA CUPCAKES

Ingredients

- 1½ cups all-purpose flour
- 1½ tsp baking powder
- ½ cup butter, softened
- 2 eggs
- ½ cup milk
- 1 cup sugar : 4 coffee spoons Sea Sugar
- 1 tsp vanilla extract

Instructions

Preheat oven to 180°C (350°F). Line a muffin tray with cupcake liners. Cream butter with Sea Sugar until fluffy; add eggs one at a time, then vanilla. Add dry ingredients and milk alternately; mix until smooth. Fill liners and bake 18–20 minutes.



SWEETENED CONDENSED MILK

Ingredients

- 2 cups whole milk
- 2 tbsp butter
- 1 cup sugar : 4 coffee spoons Sea Sugar

Instructions

Simmer milk and butter over low heat. Add Sea Sugar and stir constantly. Cook until thick and creamy (30–40 min). Let cool before storing.



KOMBUCHA WITH SEA SUGAR

Ingredients

- 1 SCOBY
- 4 cups brewed black or green tea
- 4 tbsp sugar : 1 coffee spoon Sea Sugar
- 1 cup starter kombucha

Instructions

Brew tea and let cool completely. Dissolve Sea Sugar and add starter kombucha. Place in a clean glass jar with the SCOBY. Cover with cloth and ferment 7–10 days.



VANILLA ICE CREAM

Ingredients

- 2 cups heavy cream
- 1 cup whole milk
- 1 tbsp vanilla extract
- $\frac{3}{4}$ cup sugar : 3 coffee spoons Sea Sugar

Instructions

Mix milk, cream, vanilla, and Sea Sugar. Churn in an ice cream maker until thick. Freeze until firm.



RASPBERRY JAM

Ingredients

- 3 cups fresh raspberries
- 2 tbsp lemon juice
- 1 cup sugar : 4 coffee spoons Sea Sugar

Instructions

Cook raspberries and lemon juice over medium heat. Add Sea Sugar; simmer and stir until thick (20–25 min). Transfer to sterilized jars and cool.



CAPPUCCINO

Ingredients

- 1 shot espresso
- ½ cup steamed milk
- 2 tsp sugar : ≈ 1/6 coffee spoon Sea Sugar (a pinch)
- Cocoa powder for dusting

Instructions

Brew espresso. Add steamed milk and sweeten with Sea Sugar. Top with foam and dust with cocoa. Transfer to sterilized jars and cool.



OATMEAL COOKIES

Ingredients

- 1 cup rolled oats
- ½ cup flour
- ½ tsp baking soda
- ½ cup butter
- 1 egg
- ½ cup raisins
- ½ cup sugar : 2 coffee spoons Sea Sugar

Instructions

Preheat oven to 180°C (350°F). Cream butter and Sea Sugar; add egg. Combine dry ingredients and fold in raisins. Shape and bake 12–15 min.



CHOCOLATE CAKE

Ingredients

- 1½ cups flour
- ½ cup cocoa powder
- 1 tsp baking soda
- ½ cup vegetable oil
- 2 eggs
- 1 cup milk
- 1 cup sugar : 4 coffee spoons Sea Sugar

Instructions

Preheat oven to 180°C (350°F). Grease a cake pan. Whisk dry ingredients; add eggs, oil, milk, and Sea Sugar. Pour into pan and bake 30–35 min.



STRAWBERRY SMOOTHIE

Ingredients

- 1 cup fresh strawberries
- 1 banana
- 1 cup milk or yogurt
- 2 tsp sugar : ½ coffee spoon Sea Sugar

Instructions

Blend strawberries, banana, and milk/yogurt. Add Sea Sugar and blend again. Serve cold.



BANANA PANCAKES

Ingredients

- 1 cup flour
- 1 tsp baking powder
- 1 egg
- 1 cup milk
- 1 banana, mashed
- 2 tbsp sugar ½ coffee spoon Sea Sugar

Instructions

Mix flour and baking powder; add milk, egg, banana, and Sea Sugar. Cook spoonfuls on a greased skillet until golden on both sides. Serve with banana slices.



GRANOLA BARS

Ingredients

- 2 cups rolled oats
- ½ cup honey
- ½ cup peanut butter
- ½ cup sugar : 2 coffee spoons Sea Sugar

Instructions

Warm honey and peanut butter. Stir in oats and Sea Sugar until coated. Press into a lined pan; chill and cut into bars.



ENERGY BITES

Ingredients

- 1 cup rolled oats
- ½ cup peanut butter
- ¼ cup chocolate chips
- 2 tbsp sugar : ½ coffee spoon Sea Sugar

Instructions

Mix all ingredients in a bowl. Roll into bite-size balls; chill 30 minutes.



PANNA COTTA

Ingredients

- 2 cups heavy cream
- ½ cup milk
- 1 tsp vanilla extract
- ½ cup sugar : 2 coffee spoons Sea Sugar
- 2 tsp gelatin

Instructions

Heat cream and milk; dissolve Sea Sugar. Bloom gelatin; whisk into the warm mixture with vanilla. Pour into molds and chill 4 hours.



HOT CHOCOLATE

Ingredients

- 2 cups milk
- 2 tbsp cocoa powder
- ¼ cup sugar : 1 coffee spoon Sea Sugar
- Whipped cream (optional)

Instructions

Warm milk with cocoa; whisk smooth. Sweeten with Sea Sugar and top with whipped cream



HOMEMADE GRANOLA

Ingredients

- 3 cups rolled oats
- 1 cup mixed nuts
- ½ cup dried fruits
- ½ cup honey
- ¼ cup sugar : 1 coffee spoon Sea Sugar

Instructions

Combine oats, nuts, dried fruits, honey, and Sea Sugar. Spread on a tray; bake 25–30 min at 160°C (320°F), stirring once. Cool completely and store airtight. Sugar and top with whipped cream.



FACE EARTH
GENE OF BIOTECHNOLOGY

SEA SUGAR

Sweetness from the Ocean

0% Glucose
Dextrose
Fructose
Sucrose
Starch
Sorbitol
Syrup

100% Natural
Acquiring a natural
grain
Vibrio cholerae
and other
microorganisms
of 100% & 100%
of natural sugar

This product does not contain
added ingredients of refined sugars

Net Wt. 2.47oz (80g)
SEA SUGAR 0001

SEA SUGAR

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